



# County of Fairfax, Virginia

To protect and enrich the quality of life for the people, neighborhoods and diverse communities of Fairfax County

## Form #1

## What is foodborne illness?

People can become sick from eating contaminated food. This is called foodborne illness. *Contaminated* means there are bacteria and viruses on the food which can make people sick. Sometimes the food in a restaurant can become contaminated because of the way an employee handles the food. If a customer becomes sick from eating contaminated food in a restaurant, there may be serious results. For example:

### Employee

Contaminates the food by not washing his/her hands properly;

### Customer

Gets sick

Tells friends, relatives, neighbors not to eat at restaurant

Complains to the health department

Could take the restaurant to court

### Restaurant

Loses business

Could go out of business

### Employee

Could be out of a job

The most common foodborne illnesses in the United States are:

- |               |                |             |
|---------------|----------------|-------------|
| 1. E.Coli     | 2. Hepatitis A | 3. Shigella |
| 4. Salmonella | 5. Norovirus   |             |

These illnesses are referred to as the **Big Five**. Often these illnesses have similar symptoms. It is important that an employee recognize the symptoms of foodborne illness:

- 1) vomiting
- 2) diarrhea
- 3) jaundice
- 4) sore throat with fever
- 5) skin infection such as open sores



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## CALL YOUR MANAGER

